GRAPEVINE

VISITACION·VALLEY

NUMBER 101 SERVING OUR COMMUNITY DECEMBER 1994

Hidden Valley's "Hidden Gallery" To Disappear Before Discovery?

David Silverstone

Artist Gary Cartor works on a print sculpture titled "She Sleeps."

By C. Lee Hill

You may not think of the Valley as an art center, but it has been central to Mikal Cartor for 14 years. Of course, there are plenty of artists all over this big town, but right down the street of your own neighborhood even? And if that's good news to you, then maybe now is the time to ask me, "Who's Cartor?"

A good qestion. That's exactly what I wanted to tell you.

Honestly, I've only known Cartor for about five months. Though admittedly that's not long, we share an interest in art, and I've visit Cartor at the Two Hahn Gallery often. Usually, I'm picking up Cartor from the Richmond area where he teaches art to first through eighth graders at one of the oldest private schools in the city - the Kittredge School.

While the Two Hahn Gallery is a house, it's a bonafide artist's studio and gallery as well. There's a large collection, in fact, full of work ranging from ceramics and sculpture in wire, wood and stone, including one-of-e-kind rag dolls and dolls with ceramic heads; not to mention prints of all sorts, paintings collage and jewelry too. For the most part, Cartor works in ceramics, but the lot altogether is more then anyone would care to count after his truly prolific career of 25 years.

Now, thankfully, if you've read this far, you'll surely want to know the other galleries Cartor is *showing at* in the city. There are two showings in the upper Haight at - what could be better for us parched art goers - the *Thirsty Swede* at 1821 and also the *Soft Touch* at 1580 Haight St.

Of course, there is always the work of the Two Hahn Gallery, located at the corner of Hahn St. and Leland Ave. and open every Sunday after December 4 from 12 noon to 5 p.m., and every other day by appointment.

Listen, I know that when people hear *art* they think big cash, but artwork that would make a fine gift starts as low as $5, and original prints run from $20 to $40 and up. So come on out to the quiet garden and see the gallery, because any purchases this holiday season will help keep this local artist in the neighborhood and working since the house is for sale and he wants to buy it.

Cartor, a graduate of City College, will receive his Bachelor of Arts degree in December from S.F. State University for print making and sculpture.

Middle School Elects New Student Council

By Ann Ridge and Wardel Watson, VVMS 7th Grade

Student government elections were held and new representatives now hold positions which affect the entire student population at Visitacion Valley Middle School.

Meetings to discuss changes and upcoming events at VVMS are held after school. Some of the student-oriented topics include school dances and fundraisers.

The first school dance of the year was the *Helloween Dance* held in the school cafeteria on October 31 after school.

An open house followed by parent-teachers conferences were held in October and in mid-November. Other topics of concern are hall lockers fr each student and student identification cards.

Congratulations to the new student body council: Arafin Thien (8th grade, president); Marine Wong (8th grade, vice-president); Winnie Ma (7th grade, vice-president); William Schyneide (6th grade, vice-president); Angela Tolentino (8th grade, vice-president); and Frankie Thomas (7th grade, treasurer).

Baby Points Program Created by SFDPH

San Francisco Department of Public Health (SFDPH) announced a new program to help encourage pregnant women to keep their scheduled pre-natal care appointments. Called *Baby Points*, the new program awards up to $60 in gift certificates for baby items to eligible residents who complete their prenatal care visits.

"Past research in California has shown that women who complete eight prenatal care visits are more likely to have e healthier baby," said Perinatel Services Director Virginia Smyly.

A woman can join the *Baby Points* program if she is less than 20 weeks pregnant, currently lives in San Francisco and meets certain income eligibility requirements. Joining the program costs nothing, and participation is as simple as dropping a pre-paid postcard in the mail after each prenatal care visit.

To join *Baby Points* or to find out more about this new program, call 1-800-300-9950, Monday through Friday from 8 a.m. to 12 noon and 1 to 5 p.m.

Baby Points was created by SFDPH through a grant from the California Department of Health Services.

S.F. Residents Urged To Recycle Trees

This holiday season, the San Francisco Recycling Program is urging residents to recycle their Christmas trees and include waste reduction in their holiday plans. Last year, S.F. residents recycled more than 962,000 pounds of trees in the program's curbside and drop-off TreeCycling program.

This year, the goal is to recycle one million pounds of trees - more than 80 percent of trees used in S.F. during the holidays. Christmas trees can be recycled during the first week of January by leaving them on the curb for pick-up by Sunset Scavenger and Golden Gate Disposal. Trees can be put out on the curb on the first recycling day after January 1.

New "Clean Streets" Legislation Approved by S.F. Supervisors

Follow-up legislation attacking the problem of litter on city streets and aimed at keeping local sidewalks free from grease, grime and stains was recently approved by the local Health, Public Safety and Environment Committee and passed by the Board of Supervisors.

"Cleanliness of San Francisco's streets contributes to the quality of life for our residents and visitors," said Supervisor Kevin Shelley, who originally presented a comprehensive clean-streets package in 1992. "A clean and pleasant environment increases the number of shoppers on city streets, improving the local economy, and contributes to a healthier and more beautiful environment for all San Franciscans."

During a local hearing, testimony was heard from S.F. residents, neighborhood associations, merchant groups and environmentalists who called for passage of the anti-litter package to improve the quality of life, health and safety of residents and visitors, along with the economic vitality of S.F. neighborhoods and property values in the surrounding area.

"Filth on our streets is unacceptable," said Shelley. "This legislation was crafted with input from people who love our city and want to see its natural beauty enhanced. Working together, we can make San Francisco shine once again."

Legislation includes the following provisions:

"An expanded definition of nuisances on sidewalks and other rights-of-way to include grease, grime, stains and marks. Legislation will require sidewalks to be kept clean and maintained free of grease, grime and other stains. Those failing to maintain the cleanliness of pedestrian areas will be held liable and cited.

"Outstanding litter violations will prevent renewal of a business license - similar to DMV's disallowance of a drivers license - pending payment of outstanding parking tickets.

"Legislation also authorizes the Department of Public Works to require locks on commercial garbage containers in areas open to the public that have been identified as areas with high litter concentrations.

Young Valley Dancer in Nutcracker

Tiffany Yee, an eight-year-old from Visitacion Valley, will be dancing two roles - a little girl in an Act I party scene and one of Mother Ginger's children in Act II - in San Francisco Ballet's holiday production of *Nutcracker*.

Each year, approximately 150 students from S.F. Ballet School are honored with dancing roles in the production. Dedicated students from all over the Bay Area forfeit the usual holiday break from academics to endure a rigorous, but always rewarding schedule of ballet classes, plus 35 performances of *Nutcracker* at the War Memorial Opera House, December 13 through 31.

Yee is a Level 2 student at S.F. Ballet School and is a third-grader at E.R. Taylor School.

Since S.F. Ballet's - and the nation's - first complete production of *Nutcracker* was performed in 1944, children have played a vital part in creating the festive magic on stage. Students ages 7 to 18 perform in a total of 74 roles.

Performing in a full-length production exposes young students to aspects of ballet life they don't experience in the classroom. Students learn about hard work and discipline required to succeed as a dancer, as well as the enjoyment of performing on stage in a theater as grand as the Opera House.

VVTF Meetings Move to Saturdays

Visitacion Valley Task Force (VVTF) monthly meetings will be shifted to the fourth Saturday of every month beginning in January. There will be no December meeting.

At their regular November 21 forum, VVTF board members further discussed a *memorandum of understanding* for improvements in Visitacion Valley between the Mayor's Office and HUD, and preliminary ways to best utilize proposed funding from the S.F. Redevelopment Agency - with either economic development or one-time projects.

Largely discussed were topics of public safety and forming a stronger community relationship with the police, and ways of revitalize the neighborhood's business area - possibly by attracting larger retailers into the neighborhood

Most in attendance agreed with a request by John King for a Valley recreation center. "We've got to do something for the youth out here," emphasized King.

Such a facility would best be planned by surveying local youth and asking what they would like such a facility to include, as suggested by Sgt. Jim Leach of the SFPD.

Successful Church Faire at St. James

By Gerry L. Galvan

More than exceeding expectations of its organizers, the second annual St. James Presbyterian Church *Faire* held in November was an unprecendented success of church leaders who contributed long hours, material resources and inspirational leadership. There was a lot of fun and enjoyment experienced by everyone throughout its various presentations and featured numbers by the time the faire closed shop at 4 p.m., equaling - if not exceeding - success of the church'a faire of November, 1993.

"God has blessed St. James in many ways as shown by the bountiful blessings on several occasions, one of which was the successful conclusion of the 1994 faire," said the Rev. Dr. Jerry O. Resus, church pastor, who provided spiritual leadership during the presentation."

An elephant sale coordinated by Bernice Bidwell and Hermie Oller generated a lot of antique sales, as fancy articles such as earrings, bracelets, artifacts, 1950s typewriters and paintings sold like the proverbial hotcakes. One could witness a beehive of activity at the church social hall.

The *Women of St. James* propelled their customary bake sale into a jet-like zoom when Coordinator Florence Pewtherer led her group into one of the most colorful activities in St. James history. A leading, but publicity shy member spurred her sandwich, *lumpia* and soup lunch program into a truly dollar earning enterprise.

Another very active church organization - the *Men of St. James* - presented a number of games which children enjoyed tremendously. There was the mini basketball court where a player could shoot balls for a minimal cost to win a prize; the *tick tock box*, a game patterned after the popular television game; a mini bowling game; and a *bean bag* game where players threw sets of three bags.

Three participants had chances in winning a $100 first prize, $50 second prize or $25 third prize after their names were drawn in a lottery. Each of the three *fortunate* players had to answer a question which a game moderator picked and developed from both Old and New Testament verses of the Bible. This game was so unique and prizes so attractive that tickets sold like Hemmingway's novels shortly before their sale was officially closed.

As in 1993, Ben Espiana was the funny man, who besides doing a lot of muscle work in the physical arrangement of the faire, also played the role of a clown. He was a hit to the young kids.

Gerry L. Galvan

Lynzell R. Quinto, nine year-old daughter of Art and Evelyn Quinto, performs one of the intricate moves of her dance at the St. James Faire.

Undoubtedly, the most exciting portion of the faire was a *tap dance* performed by Lynzelle R. Quinto - a soon-to-be fourth grade student in Alameda - who could mimick the movements and the shoe-floor *click-clack* of the late Fred Astaire.

Meta-Analysis Helps Scientists Sort Conflicting Research

Hardly a week passes that some new finding about diet and health doesn't make front page news. And, chances are the findings reported one day contradict previous findings on the same subject.

Science is a slow, uncertain process that progresses through a sequence of steps: one study's conclusions are confirmed or contradicted, often followed by debate and further study. Only through repeated research and analyses do certainties emerge.

Thus, when hearing the latest news reports, it's important to ask some basic questions about a study to determine if it was well-conducted, if its findings have personal relevance, and how its individual findings relate to the larger body of scientific research on this subject.

After many studies have been conducted to examine relationship between certain variables - such as intake of beta-carotene and decreased cancer incidence - scientists must then draw conclusions about the weight of scientific evidence. Do *well conducted* studies tend to support or dispute a link between the variables?

To draw such conclusions, researchers traditionally have tallied relevant studies. For example, if the majority of studies support a relationship between beta carotene intake and decreased cancer incidence, the hypothesis is supported.

But in this simple *majority wins* tally, any relevant studies that address a common hypothesis are considered to the same degree as others. There is no attempt to reconcile differences among studies in terms of their statistical power or sample sizes, or aggregate relevant findings across studies.

To level the playing field between similar studies, scientists are increasingly turning to meta-analysis. Using this approach, results from separate studies are statistically combined to provide overall conclusions.

For example, using one type of meta-analysis, scientists examined a relationship between weight reduction and blood lipids. Although individual studies showed inconsistent results, pooling data from 70 similar studies showed significant decreases in total cholesterol and other blood lipids due to weight loss.

"[Meta-analysis] is appropriate only when the study outcomes to be pooled are based on research studies using similar methods to measure relevant variables and examining the same hypothesis," said Jerry Suls, Ph.D., psychology professor at the University of Iowa, writing in the publication *Contemporary Nutrition*.

Some scientists, however, are opposed to meta-anaysis because it has the potential to pool data from otherwise flawed studies, thereby covering up for "rotten apples." Others object its potential to combine different ways of measuring dependent or independent variables.

According to Suls, there are ways within meta-analysis to address such criticisms and still benefit from the overall approach. "Like any technique, meta-analysis can be used inappropriately, of course, but it is more systematic and allows for greater objectivity and more explicit statement of guidelines of evidence than occurs in narrative reviews."

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Less Crime Reported on S.F. Streets

By Captain Michael Dower
Commanding Officer
Ingleside Police Station

Since my last raport in September, officers at Ingleside Station hava continued to work hard at implementing community policing goals of our Department.

In the first six months of the year, the San Francisco Police Department received 218,867 calls for service. Efficient deployment of personnel is a major priority in handling this staggering number of requests for assistance.

Despite feeling overwhelmed at times, our officers wera able to respond in a timely and efficient manner.

Mayor Jordan and Chief Ribera have mada it a major priority to increase the number of officers in the Department, and by the end of the current fiscal year, we hope to hava approximately 260 new officers. These new officers will be assigned in the patrol force and their impact should be felt immediately as we expand our Community Policing efforts.

Here are some highlights of the past few months at Ingleside Police Station:

*Since the school season began, we have been receiving an inordinate nubmer of complaints from merchants along Mission Street regarding vandalism, petty thefts, and gang fights by students from Balboa High School. We determined the cause of this problem was that Balboa's cafeteria was closed due to earthquake damage; so unlike other high schools, students were allowed to leave the campus at lunch hour. I have been working closely with the principals at Balboa, Supervisor Annmarie Conroy and the School Board in an effort to open the cafeteria. As a result, work on the cafeteria is now underway and should be completed by mid-December.

*Responding to complaints from citizens in tha Sunnydale, offiers arrested a subject who had been indiscriminately firing a weapon at night. Likewise, after receiving complaints about abandoned autos, surveillance was established end four arrests were mada, two stolen vehicles recovered and ten moving violation citations issued.

Also in the Sunnydale- Visitacion Valley area, t met with a group of citizens complaining ebout dumping of trash in tha McLaren Park area. i have contacted the Department of Public Works in an effort to guarantee regular trash pickups in the area. Likewise, tha same group is interested in more public use of the park, and we will be working with them to design strategies to that end.

*Muni safety is a continuing matter of concern, and at tha Chief's request, our beat officers are now riding busses on a daily basis. During the past two months, six seperata arrests have been made as a result of these efforts, ranging in degree of severity from robbery and assault to graffiti and vandalism.

*Last month, Police Department *Gold Medals of Valor* were awarded to our Officers Barbara Pinelli and Joseph Buono for outstanding heroism during the course of an undercover narcotics arrest where they were shot at by suspects.

*I am pleased to report that *Part 1 Crimes* (serious telonies) are down 11.49 percent through the first nine months of this year compared to the sama period last year.

Calling Guide for Police-Related Services

*Emergency (shots fired, people with gune, knives, etc.....911
*Non-Emergency police dispatch (disturbances, suspicious activity,drinking, drugs, arguements, etc. - don't hang up!).....553-0123
*Parking Complaints (Dept. of Parking and Traffic).....553-1200
*Abandoned Cars (Dept. of Parking and Traffic).....781-JUNK
*Security Survey and Neighborhood or Business Watch.....673-SAFE
*Landlord-Tenant Disputes - Rent Board (24 hr msg).....554-9550
*Domestic/ Family Violence - Woman Inc. (24 hrs).....864-4722
*Suicide Prevention Hotline.....221-1423
*Abused or Dangerous Animals - Animal Control.....554-6364
*Consumer Fraud Complaints - District Attorney.....553-1814
*Graffiti Cleanup - DPW.....241-WASH
*Muni Shelter Damage or Graffiti.....882-4949
*Business Permits (for Ingleside) - Officer Jerry Sarin.....553-1607
*Scheduling the Community Room - Officer Tom Martin.....553-1603
*Community Policing Supervisor.....333-3433

Courtesy of Ingleside Station

Food and Nutrition Education from WIC

This year, the Women, Infants, Children Supplemental Food program (WIC) is celebrating its 20th anniversary by increasing enrollment to include all children under five years of age who meet other requirements to anroll. Budget restrictions previously limited WIC enrollment to children of certain age and criteria.

WIC provides supplamental food and nutrition education to women and children. To be eligible, women must be pregnant, post-partum or breastfeeding, and children must be tess than five years of aga. Both women and children must also be determined at nutritional risk by a health professional, meet income guidelines and be receving ongoing medical care.

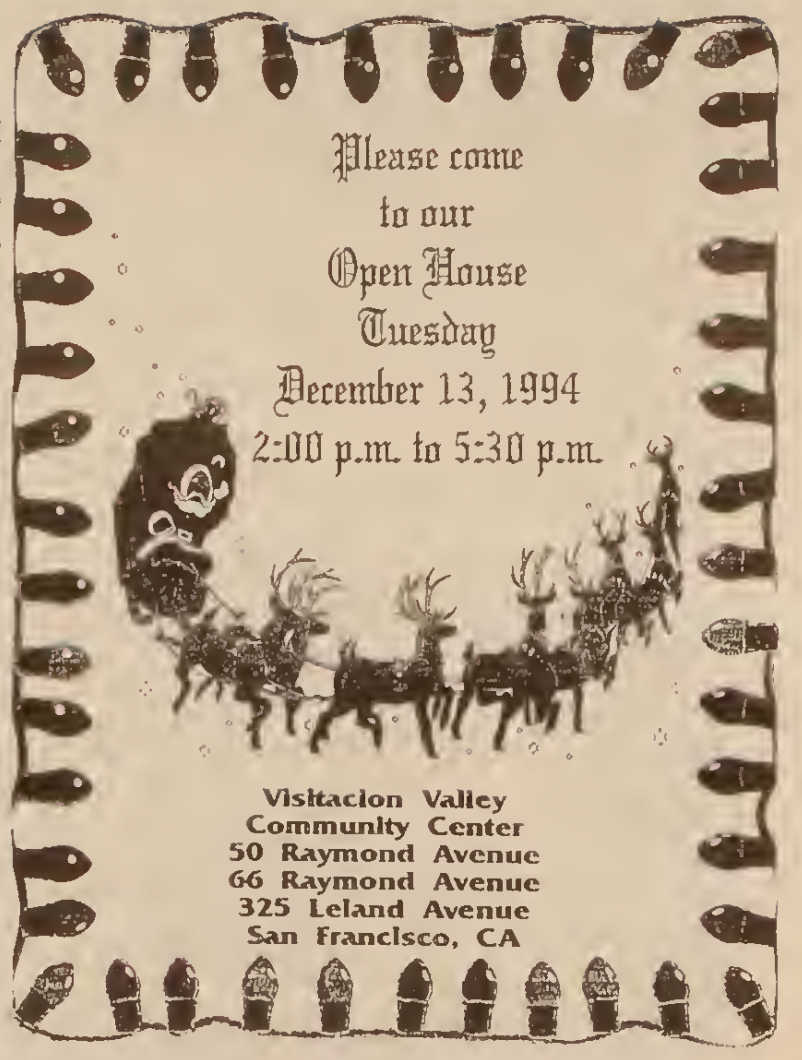
Nutrition education includes one-on-one counseling and group discussion on relevant topics. Supplemental foods are distributed through vouchers which can be used in retail food outlets for specified toods.

Unfortunately, many pregnant African American women are not taking advantage of this program whose participation increases likelihood of a normal or above-weight baby; reasons may be not knowing about the program, not being referred by a privata physician, or being on another supplemental food program.

WIC is specially dasigned to meet nutritional requirements of mothers and their children, making it the best one for them to enroll in if thay are eligible.

WIC food and education can help women slay healthy and have healthy babies and children.

Call 1-800-300-9950 for information.



Walking an Excellent Exercise for People with Arthritis

Arthritis Foundation (AF) reports walking an excellent exercise for people with arthritis that helps keep joints flexible, builds endurence and provides an overall sense of feeling good without undue stress on affected joints.

Walking puts less stress on joints than jogging or running and still provides benefits of added endurance, increased muscle and bone strength, and weight control. It is also easy, inaxpensiva and can be done almost everywhere.

According to AF, people with arthritis should exercise frequently to maintain range-of-motion and use of joints affected by arthritis. It is recommended a doctor be seen before starting any exercise program to determine the best type of exercise for a person, appropriate length of time to exercise and an optimum exercise pulse rate.

If you are planning to begin a walking program, AF recommends these tips:

*Start slowly. Be cautious the first two weeks if you haven't recently been active. Start with just ten minutes of walking and gradually build up time to 20 or 30 minutes of brisk walking.

*Walk on a flat, firm level surface. Walking on steep grades or uneven surfaces may lead to hip, knee or foot pain. Fitness trails, shopping malls and quiet neighborhoods with sidewalks are all good choices.

*Always warm up and cool down with a stroll. Walk slowly tor five minutes before increasing to a brisk walk and then finish with the sama slow walk.

*Walk at your own pace. Everyone has a walking speed that fits them best. Walk at a comfortable pace. After five minutes, check to make sure you are not out of breath and take your pulse rate to make sure it is not higher than your exercise heart range.

*If walking too briskly is uncomfortable, you may be able to increase your heart rate by bending your elbows and swinging your arms more vigorously whila you walk at a comfortable pace.

*Wear comfortable shoes of the correct length and width, and with shock-absorbing soles and insoles.

For a free brochure entitled *Arthritis and Exercise* or other information, call 673-6882 or 1-800-464-6240.

Community Meetings Will Address Soon Proposed S.F. Curfew Law

By Mayor Frank Jordan

A recent survey of crime rates of major U.S. cities conducted by the New York City Police Department noted that San Francisco experienced the largest reduction of crime in 1994.

Major crime in San Francisco has dropped 26 percent during the last two years of my administration. This year alone, homicide is down 21 percent, rape is down 23 percent and burglary is down 27 percent. This is due in part to numerous policies set by my administration - including adding 200 police officers on the streets, implementing the Matrix program, increasing security on Muni and making Muni graffiti-free.

Yet, regardless of the declining crima rate, crime ramains the number one concern of most people. This is due in large part to increasing youth crime and violence.

Children ara resorting to gangs and criminal activity at much younger ages. Kids killing kids as a way of life in our community is unacceptabla. Wa must continue to set a tone in San Francisco that we will not tolerate senseless acts of violence.

As part of my ongoing efforts to increase public safety on our streets end to stem the rise in violence caused by juveniles, t hava proposed a curfew law to protect youth and provide them with access to services.

Modeled after the curfew law in the City of San Jose, the proposed curfew law would maka it unlawful tor any minor under 17 years old to be in or on any public street, public park or any other public place between 12 a.m. and 5 a.m. on weekends, and between 11 p.m. and 5 a.m. on weekdays. There are various exceptions, such as when the minor is accompanied by a parent or legal guardian or has express parental permission, the minor is participating in a religious, educational or political activity, or when the minor is engaged in an emergency.

When a minor is picked up tor curfew violation, he or she will be taken to a central facility and released to a parent or legal guardian. The central facility will be staffed by people from community- based organizations, juvenile probation, social workers, crisis intervention personnel and police officers. The minors at the facility will participate in a variety of educational and recreational activities.

Staff will assess the needs of incoming youth to attempt to determine the reason for curfew violation.

Staff at tha facility will work with the minors and parents of legal guardians to prevent further violations and to make referrals to appropriate city services.

The City of San Jose has found tha curfew program to be extremely effective. According to the San Jose Police Department, there has been a significant drop in violent crimes reported from 11 p.m. to 6 a.m. since the implementation of the curfew. Compared to 1993 statistics in the first two month's of the curfew's enactment, violent crimes have dropped 11 percent during the hours of 11 p.m. to 6 a.m.

I hope thal by enacting a curfew law in San Francisco, we will be able to experience similar reductions in youth violent crimes.

I also strongly believe that in order to enact an effective curfew law, it is essential to receive public input on this important public safety proposat. That is why my office has been holding numerous neighborhood meetings to explain the proposed curfew law and to gain invaluable feedback from San Franciscans. I hope all interested San Franciscans will participate in these important meetings.

The December and January meetings will be held from 7 to 8:30 p.m. at the following locations: December 6: Bernal Heights, 515 Cortland Ave.; December 8: Hall of Flowers, 9th and Lincoln Aves.; December 15: Oceanview Recreation Center, Capitol Ave. and Montana St.; January 5: Eureka Valley Recreation Center, Collingwood Ave. (between 18th and 19th Sts.); January 10: Marina Middle School, 3500 Fillmora St.; January 12: Francisco Middle School, 2190 Powell St.; January 17: MacAteer High School, 555 Portola Ave.; *January 19: St. James Presbyterian Church, 240 Leland* Ave.; and January 24: Senior Housing Complex, 201 Turk St.

For more information, contact Meagan Levitan at 554-6498 on Flynn Bradley at 554-6560.

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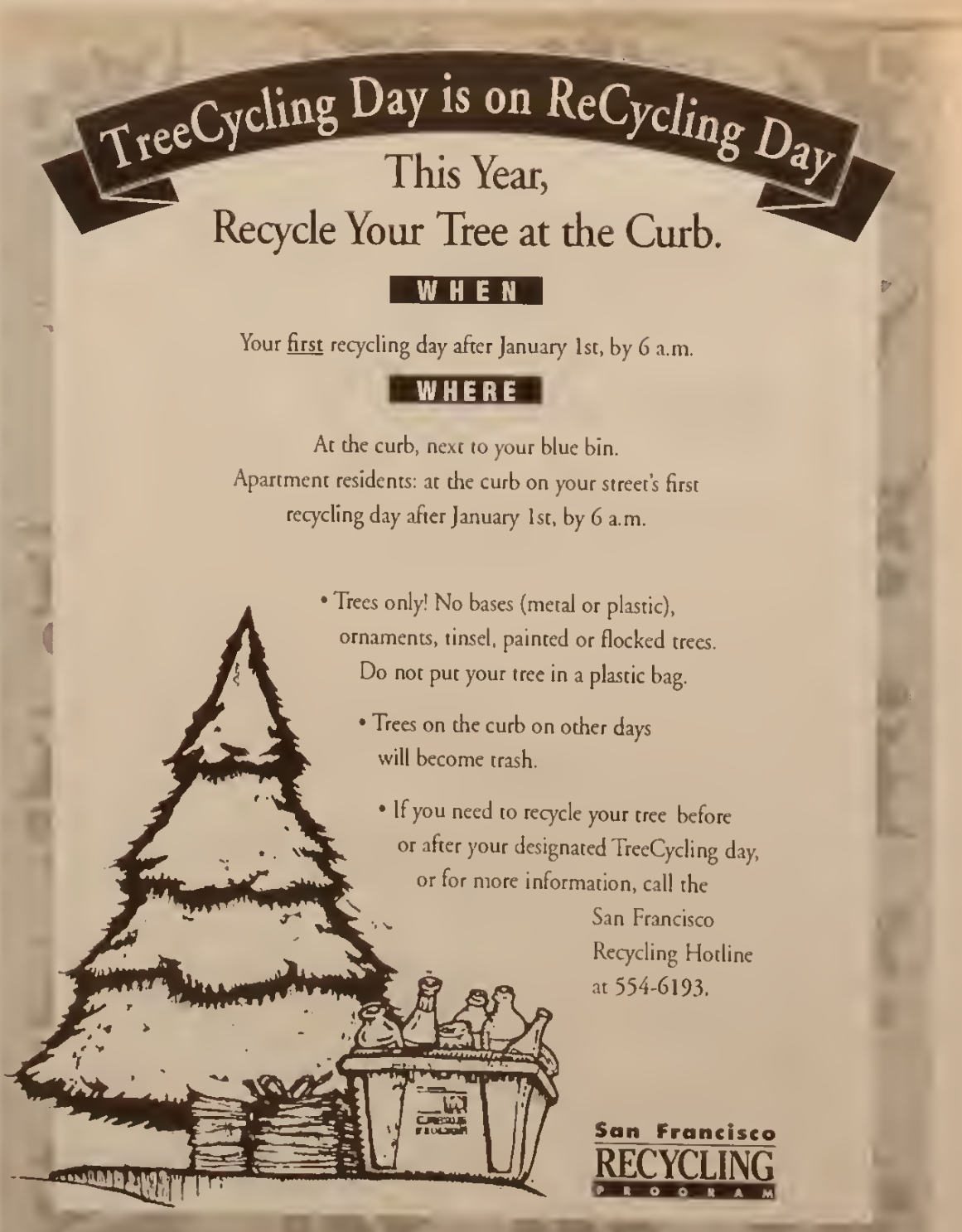

Calcium: Make No Bones About It!

These days, many people find it tough consuming enough calcium. But drinking milk or eating broccoli sure beats a diet of insects, leaves and tubers.

Although not contemporary palate pleasers, these latter calcium-rich sources were the dietary staples of our Stone Age relatives.

Since then, shifts in dietary behavior have seen a steady decline in calcium consumption, promoting concern by public health and medical experts. At a National Institute of Health Consensus Development Conference last June, scientists examined new information on calcium consumption and upgraded recommendations for calcium intakes of males and females across the lifespan.

SKELETAL IMPRESSIONS

As an essential nutrient, calcium contributes to a variety of life-sustaining processes: bone mineralization, blood clotting, muscle contraction - including beating of the heart, nerve cell transmission and enzyme activity.

Yet it's calcium's role in building strong bones and reducing the risk of osteoporosis that has won its claim to fame.

Not surprisingly, children's calcium needs are among the highest of any age group. Yet findings from the latest National Health and Nutrition Examination Survey (NHANES III) and other sources show that more than half of all U.S. children fail to meet recommended calcium intake levels. Such deficits, the panel noted, not only impaired youngsters' abilities to reach peak bone mass, but also increase their risk of skeletal fractures both now and later in life.

"Optimal calcium intake during these critical years of bone development may reduce the risk of fractures due to osteoporosis when these children get older," said panel and conference chairman John Bilezikian, M.D., professor of medicine and pharmacology at Columbia University's College of Physicians and Surgeons.

Optimal calcium intake may be achieved through diet, calcium-fortified foods, calcium supplements or various combinations of these, the panel concluded.

OSTEOPOROSIS

Just a decade ago, a similar NIH panel first suggested increased calcium intake might help prevent osteoporosis, a weakening of the bones. More than 25 million Americans suffer from this debilitating condition, resulting in 1.5 million bone fractures and costing some $10 billion in health care annually.

Development of osteoporosis is influenced primarily by two factors: peak bone density or bone mass, which is attained by about age 30 to 35, and the rate at which bone is lost in later life.

According to Velimir Matkovic, M.D., director of the Bone and Mineral Metabolism Laboratory at Ohio State University, peak adult bone mass is determined in each person by endogenous factors such as genetics and environmental factors such as diet and exercise. While genetics contributes to most variance in bone mass, noted Matkovic, nutrition plays a key role in one's ability to reach genetically determined peak bone mass.

Also critical is calcium's role in preserving bone mass, especially in those over the age of 60.

"Although the exact cause is unknown, calcium absorption decreases with aging," said B. Lawrence Riggs, M.D., professor of medicine at the Mayo Clinic and Foundation. "Thus, the elderly require more calcium, whereas virtually all surveys indicate that they are ingesting less (than recommended levels)."

Other risk factors associated with osteoporosis include family history of the disease, being Caucasian or Asian, inactivity, smoking, excessive alcohol intake, having a slight frame and estrogen deficiency.

Estrogen production decreases during menopause, causing accelerated bone loss, and thus increasing disease risk. For postmenopausal women not receiving estrogen replacement therapy, the panel recommended higher calcium intakes to prevent osteoporosis.

CALCIUM CONNECTIONS

In addition to osteoporosis, preliminary studies have linked low calcium intakes to kidney stones, colon cancer, hypertension and other health problems. Though the NIH panel called for additional research in these areas, some interesting observations were reported.

For example, low calcium consumption has been linked to hypertension during pregnancy, known as preeclampsia. Preeclampsia usually develops after the 20th week of gestation and can be life-threatening for both mother and baby. A large, multi-central trial is now underway to help address whether supplemental calcium can reduce the incidence of preeclampsia.

International Food Information Council

BONING UP ON CALCIUM

Following are some quick and easy tips for adding calcium to your diet:

- Use low-fat milk on calcium-fortified cereal for breakfast or a snack.
- Grate low-fat parmesan cheese over salad, or add seeds or nuts.
- Choose ice milk or low-fat yogurt for dessert.
- Snack on raw broccoli.
- Drink calcium-fortified juice with meals.

Book Review

American Heart Association Cookbook, 5th Edition, New and Revised

During the holiday season, people want to eat healthy, but don't want to sacrifice the great taste of their traditional favorites. And American Heart Association (AHA) understands that people are concerned about improving their diets to reduce the risk of America's number one killer - cardiovascular disease.

In an effort to provide people with healthy and delicious meal options, *American Heart Association Cookbook* is available.

With heart-healthy recipes, roast turkey, gravy, potatoes and a pumpkin pie can be part of a wonderful, nutritious meal. An ingredient substitution list is provided to help adapt favorite recipes into healthier versions, and a complete nutritional breakdown of fat, cholesterol and sodium is included for each recipe.

More than 600 recipes contain enough variety to please every palate from *Chicken Creole* and *Cheesy Stuffed Potatoes* to *Quick Pineapple Upside Down Cake*.

GRAPEVINE WANT-ADS

Private parties only. Up to 20 word for $1. Extra lines 50 cents each. Mail ad and check by 20th of prior month to: Visitacion Valley Grapevine, 50 Raymond Ave , San Francisco, CA 94134

ST. FRANCIS BAY

BIRTCHER CONSTRUCTION LIMITED will be accepting bids for site work and finish trades on all buildings.

Bid information can be obtained at 251 Executive Park Blvd., San Francisco, CA 94124, 415/468-9293. All subcontractors who have not been prequalified by Birtcher must complete a prequalification form which is available at the above address. If you have already been prequalified by Birtcher Construction Limited, please advise us of which scope of work you will be bidding. Bidders will be contacted by Fax and by mail when the bid packages are available.

The following scopes of work will be available within 45 days:

Site Concrete: Curb and Gutter Flatwork Stairs & Ramps	Painting: Building Exterior Building Interiors
Electrical: Site & Landscape Lighting Underground Cable Telephone Cabling Cable TV Street Light Conduit	Finish Carpentry: Door and Frame Installation Hardware Installation Cabinet Installation Trim and Base Toilet Accessories

The project is being built in compliance with the Executive Park Advisory Committee's Memorandum of Understanding. The Memorandum of Understanding is designed to increase opportunities for minority, women, and locally-owned businesses that are located within the 94124 and 94134 zip code areas.

All contractors must be licensed by the State of California, meet Birtcher Construction Limited's insurance requirements, and be a union contractor.

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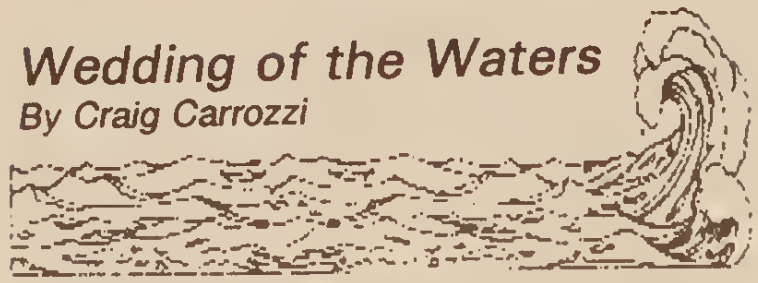
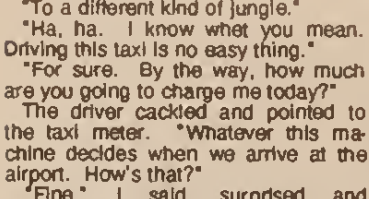
Joyce Hollins & Staff

Wedding of the Waters

By Craig Carrozzi



Having served in the Peace Corps in South America during the late 1970s, local author Craig Carrozzi recalled many interesting people and adventures which he gathered in *Wedding of the Waters*, a work first published a decade later, and now being serialized in the Grapevine. He is currently writing a book about his many experiences during a two year assignment in Columbia.



LETICIA

I awoke at daybreak to the customary gray dankness ot downtown Bogata. Without a thought, I rolled out of bed and threw on my clothes. Gathering my travel gear, which consisted of one soft leather bag, I padded from my room and onto the street.

A passerby gave me a funny look. And good morning to you, I thought. Slinging my bag over my shoulder, I took a last look at the Pension Alemana; a venerable red brick building frequented by many Peace Corp volunteers and other such poor travelers. I thought of the quixotic old lady who managed the Alemanda who - as several colleagues had informed me - was a real bitch. Funny, I've never had a problem with her. In fact, she's gone out ot her way to help me on more than one occasion. I wonder why? ... Maybe I'm quixotic. Well, time to get moving.

I stepped over a particularly large chunk of buckled pavement and stood at the corner. The morning chill, with its promise of rain, sent a shiver down my spine. Good riddance to this weather. I stuck out an arm and almost immediately a creaky 1950s Chevy screeched to a stop. For a moment I hesitated; the cab looked as though it would be lucky to make it around the block. The driver reached across the seat and opened the door. His leathery wizened face smiled kindly to me. Reassured, I climbed into the front seat.

"Where to?" he asked.

"To the El Dorado Airport. I'm going to Leticia."

His eyebrows shot up and he said, "To the jungle, then!"

"To a different kind of jungle."

"Ha, ha. I know what you mean. Driving this taxi is no easy thing."

"For sure. By the way, how much are you going to charge me today?"

The driver cackled and pointed to the taxi meter. "Whatever this machine decides when we arrive at the airport. How's that?"

"Fine," I said, surprised and pleased. Amazing, I thought, he's charging me according to the meter without the usual pain-in-the-ass haggling. A good omen for sure. This was the first time - and also the only time - that a Bogata cabbie charged me according to the meter without fabricating some additional charges.

For a time we fell silent. I leaned back against the worn upholstery and, as we clattered and bounced toward the airport, pondered on the myth of El Dorado; the golden land ot Indian and Spanish lore. What an appropriate memorial to the brave conquistadores, who had risked such great dangers and endured much suffering in their futile quest for El Dorado, to give Bogata's airport this name. Who would have believed that in the year 1979 more wealth (in cocaine) was passing through this airport than could have been imagined in the wildest dreams of Cortez and Pizarro. They missed the promised land. What's gold compared to a renewable resource like coke?

When we reached the airport the taxi driver kept his word. A short while later, I received another pleasant surprise - my flight left right on schedule. What's going on? I thought. First the cabbie charging me a fair price and now this. Things are definitely looking good.

My companion during the three hour flight was an elderly, well-heeled Parisian woman who contradicted my accepted stereotype of French people by speaking decent English; a stereotype nurtured in me by my mother's French parents who managed to live in San Francisco for almost 40 years without learning t speak even functional English. I used to communicate with them by grunting a lot and pretending I knew sign language; acquired skills that served me well when I first arrived in Columbia. Anyway, this Parisian woman seemed e nice lady. We had a pleasant conversation over our lunch of poached salmon and trimmings. A bottle of good white wine helped our discussion along.

"Yes," she expounded, as I opened a second bottle of wine," I have wanted to see the Amazon my whole life. I shall go on a tour arranged by the Hotel Amazona and really see the wonders of the river and the jungle. It should be exciting, no?"

"I suppose. But it sounds like a Club Med thing to me."

"You disapprove of my plan?"

"No, not at all. For you it should be fine."

"And you? What do you want to do?"

"I want to strike out on my own and have some edventures. I want to get on a boat and head deep into Brazil."

She laughed goodnaturedly. "When I was young end poor I dreamed of such adventures. But now that I'm old and comfortable I prefer to see the wonders of this earth with a bottle of champagne by my side."

I nodded diplomatically and turned to look out of the window. What she said sounds good, I thought. But I wonder if champagne distorts the sight as much as beer or cane alcohol, and what kind ot adventures did she have in her youth?

Actually, save for the lunch break, I spoke at sporadic intervals with the woman. My attention was diverted from her by the spectacular scenery passing below my window.

Geographically, Columbia is a diverse and gorgeous country. I watched entranced as a spectrum ot topographies flowed past. Shortly after takeoff, we eased through a layer of clouds and the savannah of Bogata lay spread below us, the huge city and the cultivated fields beyond filling the bowl ot the green clad mountains and brimming onto the upper slopes ... Minutes later the Andes dominated my eyes, etched against a dapple blue sky, arching sculpted spires towards the rising sun, e crazy quilt of towns clinging to its slopes and valleys like condor's nests. Magnificent ... As we continued on, the clouds dissipated. The mountains tell away to what is known in Columbia as *los llanos* (the plains) - a seemingly limitless expanse ot grasslands. For more than an hour the terrain swept monotonously past in shimmering humps; the sameness relieved only by an occasional village or by an oasis of jungly growth that sprouts forth near any permanent water source. *Los llanos* - a deceptive land ot drought and deluge; six months of bone bleaching sun; six months of soil leaching rain. Its boundless space offers the promise of bountiful production; its extreme climate provides scant yield. A land of madness tor many a treasure seeker ... Finally the *llanos* acquired a darker, scruffier face, shooting leafy arms skyward to mesh and tangle until the earth is covered by a sea of forest green. The Amazon Jungle. A trackless mass ot vegetation broken only by silvery watercourses - the veins and pathways of the immense labyrinth ... It won't be long now, I thought.

As the plane banked to begin its gradual descent, my stomach quivered. I won't have the comfort and security of this plane much longer. Time to think about business in Leticia. I guess I should go by the Brazilian Consulate first and see about a visa. And then ... What the hell!

"What could that be?" t asked, nudging the Frenchwoman and pointing out the window to an immense body of water. "It looks like e lake - or an inland sea."

Why ... I don't know. But it might very well be the Amazon River."

"That? Nah, it's too wide to be a river. Isn't it?"

She shrugged. "It must be the Amazon. What else could it be?"

"A lake."

A moment later, the pilot announced over the P.A. that we were circling over the Amazon River. I was caught with my size eleven in my mouth. Before I could say something to the woman to save face, the same announcement was repeated in French end English.

"You were right," I said.

The woman smiled and said, "C'est *la vie, mon cher*," which I interpreted to mean, "Don't open your mouth unless you know what the hell you ere talking about."

"I still can't believe how wide it is," I said. "Nothing I've ever read prepared me for this sight."

"C'est *magnifique*!"

"Yeah."

I turned to the window and studied the terrain below us. Evidence ot civilization began to appear; charred gaps, indicative of slash-and burn agriculture, pockmarked the jungle landscape. Other clearings, the work of lumberjacks, were left with broken stubs of e five o' clock shadow. So much for my virgin rainforest, I thought.

Shortly the airport appeared. A functional, no-frill complex with all the charm of a military installation. As the plane banked slowly over one of the runways, we noticed that the blacktop was quite cracked and weathered. The Parisian woman gasped and paled e shade more.

"My God, she said, "I don't like how the runway looks." "You haven't flown much in Columbia?"

"This is my first trip on e Columbian plane."

"Don't worry," I said, patting her hend. "This is nothing for them. Avianca may heve some of the best commercial pilots in the world."

"Yes?"

"Yeah, they have to be ... Listen, I've seen them land under some of the worst conditions imaginable - on top of plateaus, in narrow mountain valleys, during severe tropical lightning storms ... Don't worry, they're good."

"Oh, I pray you are right," she said, rubbing her hends anxiously.

"Sure, this is e piece of cake. You know, after some French company, Avianca is the oldest passenger airline in the world. And they've only lost one passenger flight in their history."

"Is tht so? How do you know this?"

"It says so in the travel brochure."

"Oh."

"Yeah, but they're far from perfect. I hear they lose a lot of cargo planes. And the main problem I have with them is that flights are always getting delayed or cancelled."

"Yes, that would be vexing."

"Well, it used to be. Then I got used to the culture and I learned not to be concerned with trivial matters like arriving on time. Besides, I've met some very nice people while sitting around the airport waiting for a flight. You know, some drink and talk ..."

By this time the plane was settling onto the runway. We came to a stop without incident. It was time to go. Suddenly, I felt as if I had nothing in common with the Parisian woman; she would go on her orchestrated tours. I would go on to who knows what."

"Good-by," I said, rising. "Enjoy your dream ... But don't drink too much champagne."

"You too, *mon cher*. But be very careful."

"But not too careful," I muttered, as the crowd swept me toward the exit.

As I descended the ramp and crossed the tarmac to an open ended pavillion with a corrugated metal root, I felt the thinly veiled sun beating on my uncovered head. Within minutes, having done nothing more strenuous than walk a few hundred paces, sweat rolled down my face and soaked through my shirt. Man, this is brutal, I thought. The humidity - especially after Bogata. It's like being in a damn greenhouse. This is gonna teke some getting used to.

On reaching the pavillion, I paused to consider my next move. Because Leticia straddles the frontiers of Columbia, Peru and Brazil, our flight was considered international; therefore, there was a processing line on one side of the pavillion for foreigners and a line on the other side for Columbians. Huh, now which line is for me? I wondered. I'm not Columbian, but I am a legal resident ... I observed a handful of rifle-toting security guards stationed near the line designated tor foreigners. I saw only one guard anywhere near the Columbian side. When the time comes, I thought, after I get my luggage, I'll try to get through customs on the Columbian side. Looks like less bull there.

By this time most of the passengers, perspiring and uncomfortable in the sultry air, had congregated in the pavillion and milled about as the baggage was brought over from the plane on a single electric cart. Once the cart reached the pavillion, the luggage was placed on e low metal roller and the passengers could claim their stuff. In theory it was a great system; unfortunately, a full cart carried about 20 pieces of luggage and the cargo men worked slowly - very slowly. Look at these guys, I thought. I bet they get payed by the hour. Tropical malaise. Or maybe they're pacing themselves against dehydration. Nah, it's about the same in Bogata and its temperate there. Oh well ...

For ten minutes or so most of the people waited patiently and one cart load was received in an orderly manner. Then, as the second cart load seemed to delay longer than the first, I heard angry rumblings ripple through the crowd. "This is absurd," shouted a well dressed *senor* to the porters. "You cargo men should be improving with practice instead of the reverse." One of the porters gave him a sullen glance and unloaded in slow motion. The crowd edged closer to the metal roller and muttered "*¡Que barbaro!*" (How ridiculous!) and other niceties. The porters ignored them. Latin tempers began to boil.

When the cart returned from the plane for the third time, several men hopped over the roller to help the porters pull luggage off the cart and place it on the roller. After e brief and feeble protest, the porters accepted the aid and the cart was unloaded in a wink of an eye. Then the fun began. The following loads were taken by assault, with the crowd stampeding across the roller, snatching bags off the cart, and wandering off to customs without ever setting the baggage down. Now cries of "Wait! Let me see that bag. You heve my luggage!" echoed on all sides. The situation was degenerating. Men shouted threats and made menecing gestures. Women screeched and bickered. A babble of langueges. Total anerchy seemed imminent.

I looked at the nearest security guard; he was leaning on his rifle, laughing at the spectacle. The other guards were doing the same thing. Just another day of work for them, I thought.

I stayed on the periphery of the melee, chuckling along with the guards, watching the mad scramble. Just like cattle, I thought. Well, I'll sit back and be cool. Then when my bag appears ...

As each new load arrived and my distinctive brown leather bag failed to appear, my assured complacency faded. My amusement turned to anxiety. Soon I found myself rushing the cart and searching anxiously for my bag. Where the hell is it? I thought. Have I been ripped off? Damn!

Most of the passengers had received their luggage and were straggling into queues to be checked. As I had often seen in South America, order had emerged from seeming chaos with no one the worse for the excitement. Except maybe for me, I thought, after another cart load arrived without my bag. All my clothes! All my clothes! A surge of panic rushed to my head. There were now only e handful of people waiting for baggage. I eyed the lines of passengers waiting to go through customs. No one had a bag like mine. Maybe one of the early ones nabbed my bag and is already out of the airport. Damn!

I spied one of the cargo men standing off to the side of the cart as the few remaining passengers grabbed their luggage. Since he's not working anymore, maybe he can help me out, I reasoned. I approached him.

"Hi, how are you?"

He looked up and eyed me bemusedly. "Not very well. This heat and these crazy tourists."

"Yeah, well, is there much luggage left on the plane?"

"Not much. Maybe none."

"Well, I can't find my beg."

He shrugged. "One has to watch out for thieved around here."

"Thanks for telling me what I already know," I replied, and stalked off wondering it he referred to himself. "This is bull!"

Happily, my bag appeared on the final cart load. I yanked it off the pile and carried it to the claim area away from the crowd for inspection. Some ol the zippers were open and the contents on the outside pockets had been shuffled. I looked carefully. Everything was there. I heaved a sigh of relief. The Columbians are vindicated. And so am I ... For having the forsight to bring nothing worth stealing.

I hefted my belongings and went to the baggage inspection line. As I awaited my turn, I fretted. In my one year in Columbia, I had been stopped at gunpoint by the police and by soldiers more than two dozen times. Twice I was pulled off busses and thoroughly searched. A tribute to Columbia's problems with drugs and with revolutionary insurgents. I always passed these inspections none the worse tor it, but on more than e few occasions I had to do some fast talking. But why me? t wondered. Some Americans never get bothered. It must be my droopy eyelids and my slow way of talking. They think I'm stoned. Oh well, no sense getting paranoid.

I was in front of the customs official. He looked up and gave me a cold stare. "Passport." I dropped it in his hand. The official reviewed my passport and asked me a few questions concerning my resident status.

"What business do you have in Leticia?" he asked.

"None. I've come to see the jungle."

"Watch out for the snakes."

The man gave my bag e cursory examination and passed me on with a negligent tilt of the head.

How about that, I thought. Am I slick or what? I could've gotten through with a fortune in drugs or emeralds. Of course its easy to be cool when you know you're clean.

t walked through the gate to the road and was immediately accosted by two street urchins.

"Chu want taxi, meester?" asked the shorter of the pair as the other one made e grab for my bag.

I held tight to my luggage and eyed the boys. The were naked save for dirty Bermuda shorts and looked convincingly hungry. "I don't understand that stuff," I said in rapid Spanish.

They froze in their tracks and stared at me.

"Now what did you say?"

"Do you want a taxi, meester?" repeated the short one, saying only the "*meester*" in English.

"Yes." I smiled. "Like that I understand you and it is better. Of course, I need a taxi."

The boys smiled. We understood each other. The boys realized I was e gringo but not a stranger to Columbia; just as I realized they were hustling me for a living.

"Let's go," I said.

They led me e few paces down the road to a spanking new Renault taxi. I gave them e couple of pesos. The boys gawked at me as I approached the car; I had refused to let them carry my bag.

"He's all right," called the tall boy to the driver.

I got in the front seat and turned to the driver. He was a short, heavy-set black man with e perspiring face and bloodshot eyes. he regarded me listlessly. I wondered if he suffered from a hangover.

"How much to downtown Leticia?" I asked.

"What?"

I grinned and repeated the question. I suspected that he understood me but by pretending that he didn't he could make me feel foolish and intimidated - e standard ploy when dealing with foreigners and tourists.

"How much?"

"To Leticia costs $100 *pesos*, $90 *cruzeiros*, or $300 *soles*," he said. Whatever currency you want as long as I get my money."

"$100 *pesos* is a lot," I countered, not thinking the amount exorbitant, but bargaining from habit.

"Of course it's expensive. Everything in this foresaken hole is expensive." He said this without rankor, like a father explaining the sad reality to his son.

"Shall we go or not?" he asked, drumming on the steering wheel with his fingers.

"All right, go ahead."

He threw the car into gear and we were off, driving in silence down a pitted, blacktop road, hemmed in on both sides by luxuriant vegetation. The man drove slowly, avoiding water filed chuck holes. The sky darkened and a few drops ol rain splashed against the windshield.

"Has it been raining much?" I asked.

"Just the normal amount," he said, keeping his eyes on the road.

Whaever that is, I thought. I cast sidelong glances at the taciturn man sitting next to me. He looked straight ahead. How do I start a conversation with this guy? I wondered. He acts like I'm a spy or something ... But he's bound to know some helpful information about Leticle. I'll try again.

"You speak like a *costeño*."

Surprise flashed across the man's face. He looked at me with a glimmer of interest. "You are correct. I'm from the coast."

"From what peri?"

"Santa Maria."

"Ah, yeah, a beautiful place."

"In some ways."

"Well, from what you said earlier, it seems you don't like living here."

"I don't"

"If that's the case, why do you stay?"

The men stared straight ahead at the now dusty, unpaved road and made no reply. Maybe I shouldn't have asked such a personal question so soon, I thought. I was on the point ot trying a different teck when the man said, without looking at me, "I originally came to Leticia because ot my military service. The only reason I stay is because it's simpler than going back to where I'm from."

"But surely there is something worthwhile here."

He twisted his lips. "Listen, man, almost nobody comes here because they want to - save for drug treffickers, tourists, scientists ... and foots! The rest ot us are here because ot the circumstances of life. You understend me?"

I nodded, taken abeck by his vehemence.

He eyed me. "What category do you fall under?"

"Maybe three or tour you mentioned."

The cabble grunted and turned his face to the road. Well, I thought, this guy certainly doesn't work for the Leticia Chamber of Commerce. What the hell kind of place is this? What am I getting myself into?

Our talk seemed to animate the driver. We barried down the road now, bugs smashing against the windshield and dust sifting through the window end gritting between my teeth. A rustic collection of palm thatched wooden dwellings dotted both sides of the road. Bright colored clothes hung from lines between palm and platano trees. Within seconds the houses became more substantial, with white picket fences, trim lawns, and zinc roots. Abruptly the narrow road opened onto e broad plaza lined with towering palm trees. A few dozen people sat in the shade provided by the palms - eating lunch, slapping at insects, or dozing with their backs propped against e tree trunk. The driver slowed the car and looked at me inquiringly.

"Where is the Brazilian Consulate?" I asked.

"Up ahead and to the right," he answered, waving at half of Leticia. "I tell you now, everything in Leticia is close at hand. Almost all official business is within two blocks of this plaza."

See Page 5

WEDDING OF THE WATERS

First editions of the critically acclaimed *Wedding of the Waters* are still available in very limited number for $10 each. Send payment to: *Visitacion Valley Grapevine*, 50 Raymond Ave., San Francisco, CA 94123.

Wedding of the Waters

From Page 4

We drove half a block and he halted the cab in front of a tidy bungalow. The front lawn was hedged with an array of vivid tropical flowers.

"This is the Brazilian Consulate," he said. "But I believe it's closed until later this afternoon. You can go and see to be sure. I'll wait."

I hopped out of the cab and tried the door. It was locked and nobody responded to my knock. I returned to the car.

"You can come back after two," said the cabbie. "They should be open then."

"What time is it?"

He checked his watch, an expensive one, and said it was a little past twelve.

"It's that early!" Now what do I do? I thought. Everyone closes shop until two. I'm not hungry. Maybe I can change my money ...

"Where do you want to go?" prodded the cabbie.

"Well, take me to the *casa de cambio* (money exchange)," I said. "Will they be open?"

"Probably. That's one business that usually stays open ... What do you have - dollars?"

"No, *pesos*."

"What currency do you want?"

"*Cruzeiros*."

"Yes, a *case de cambio* would be best." Without another word he roared off. We turned left at the corner, sped past a military base that fronted the plaza, and stopped behind a row of parked taxis on the next block.

"Downtown Leticia," intoned the driver, pointing to the opposite side of the street at a less than imposing jumble of cafes, travel agencies and small business establishments. "Over there you will find several *casas de cambio*."

"Many thanks," I said, handing him a crumpled $100 *peso note* plus another $10 for a tip.

"What's the $10 for?" he asked.

"For your frank commentary."

He gave a short laugh and turned to walk away. Then he wheeled and gave me a sharp look. "Be careful, man. There are many opportunists in this city."

"Thanks, man. But don't worry. I used to live in Los Angeles ... not to mention Bogatá and San Francisco."

"All right, brother, but this is a different trip."

A wry smile played on my lips as I watched the cabbie move off and join into laughing conversation with some fellow drivers farther down the street. Opportunists, eh, I mused. But how could he know? To me that's just another word for pragmatists. And aren't I from that great and of opportunity ... and pragmatists?

I crossed the street and entered the first *casa de cambio* I saw. I was met near the door by a balding man with a winning smile. He took me by the elbow before I could say a word and ushered me past two pretty secretaries and to a seat under the cooling breeze of an overhead fan. He faced me across his wide desk and we exchanged pleasantries; he complimented my Spanish and I complimented his choice of such pretty secretaries. One of the women heard my remark and blushed appreciatively. From the papers on her desk I deduced that she also worked as a travel agent and tour guide. She gave me an inviting smile. Maybe a hustle, I thought. Get your mind back on the business at hand. I turned to the man.

"I want to exchange my *pesos* for *cruzeiros*."

The man's eyelids drooped and his eager smile faded. "You don't have any dollars?"

"Sorry, but no. I live in Columbia."

"Ah, too bad."

"But I do have $20,000 *pesos* to exchange. What is your rate of exchange?"

"I can give you $90 *cruzeiros* for each $100 *pesos*."

That sounds about right, I thought. It's even a bit better than the rate they gave me at the Brazilian Embassy in Bogata.

"That seems fairly reasonable," I said.

"Of course it is! You can't find a better rate here ... When are you going to Brazil?

"As soon as possible."

"You have chosen a good time to travel there. The *cruzeiro* was just recently devalued and prices have not been adjusted yet."

"That's good. But why was it devalued?"

"Because Brazil has a terrible inflation rate. They have to buy too much of their oil from the Arabs." He finished with a smile, apparently pleased at the Brazilian's predicament.

"Well, whatever. What I gain in the devaluation is lost for travelling at Christmas time."

"That's certain."

"Let's make the exchange, then."

I stood up to remove my belt which contained a zippered inside lining for secreting money and documents; a useful gift from my friend Matt. I took off the belt.

"*Ay, Dios mio!*" gasped my friendly secretary.

I turned and winked at her. "Don't worry. I'm not going to lose my pants."

I extracted a thick wad of *peso* notes from the belt and laid them on the desk. Sitting in a pile it looked like a good amount of cash, but there was no bill over $200 *pesos*. A glance behind me revealed that my friendly secretary was gazing saucer-eyed at the money.

"That is a fine money belt," commented the exchange man with an appraising air. "But I don't believe the new bills will fit."

I had no idea what he meant until he handed me a $500 *cruzeiro* note. It was almost toilet paper thin, but considerably larger than the Columbian bills.

"Huh, they look like checks," I said.

"Yes, it's strange money. But how will you fit them in your belt?"

"That is no problem," I said. "Watch." I folded the bill in half and stuffed what would fit into the lining of the belt; the rest I put into assorted pants and shirt pockets. "There, you see. I never carry all my money in one piece anyway."

"Good idea around here."

"I was thinking, maybe I should save $5000 in *pesos* for when I return to Columbia ... What do you think?"

The man chuckled. "That doesn't help my business, but it's probably a good idea. In most parts of Brazil you could only get one *peso* for two *cruzeiros* - if anyone would exchange at all. In Columbia, it would be the reverse. Only in Leticia, and the Brazilian town of Tabatinge, can you get close to equitable value." The man shrugged. "Of course, if you had dollars or German marks, it would be a different matter and you wouldn't have a problem anywhere."

"I don't worry about what I don't have ... But thanks for your help." I rose.

"My pleasure, sir. And remember, if you find any dollars, send them my way. Have a good trip."

"Good-bye," I said, as I approached the pretty secretary.

"Why good-bye?" she asked. "Don't you like Leticia?"

"I don't know. I just arrived."

"Why don't you stay for awhile? We have some excellent jungle tours with expert guides."

She's wearing enough gold to start a jewelry store, I thought. Two necklaces, six rings, two bracelets, earrings. She's white. Maybe from Medellin. I bet she'd be expensive.

"How much for a jungle tour?" I asked.

"$4000 *pesos*. Only one hundred dollars for a three day tour - staying overnight in a genuine Indian village.

"That's too much for me. But thanks for the information."

"Well, all right. But if you change your mind, *a la orden* (at your service) for any little thing." She finished with a coquetish smile.

I left the *casa de cambio* and meandered up and down the one main street of the central tourist section. I saw a gaudy melange of sidewalk cafes, tourist information centers, travel agencies, souvenir shops, and expensive - for me - hotels. I walked among the roving street vendors who were hawking supposedly authentic Indian artifacts. I dodged around glaze-eyed tourists with top-of-the-line cameras. After ten minutes of this I felt exhausted. The muggy air filled my lungs with lead and my bag seemed to have increased threefold in weight. Hell with this, I thought. Time for a few beers ... A moment to catch my bearings and adjust to this climate.

Continued Next Month

Special Holiday Classes at Randall Museum

SATURDAY EVENTS

Special limited Saturday classes in December at the Randall Museum, 199 Museu Way, begin at 1 p.m. with sign-ups starting 12:30 p.m. All ages are welcome to classes - which last one to two hours and usually cost $4 unless otherwise noted - children under eight should be accompanied by an adult. Plenty of free parking is available. Call 554-9600 for more information.

- December 3: *Children's Train Day*, 11 a.m. to 3 p.m. Children are welcome to come and see what it's like to run trains on the Sierra Nevada and Pacific Railroad. Parents can learn how to select or repair trains as holiday gifts. *Free.*
- December 10: *Creative Lettering for Kwanzaa* with Kemit Amenophis. Learn how to do fancy graffiti style lettering. Besides the many styles, you will add shading and figures. Write the Nguzoseba (Swahili for the seven principles of Kwanzaa).
- December 17: *Winter Solstice Celebration*, 11 a.m. to 2 p.m. Winter solstice marks the longest night of the year. Free and low cost activities include crafts, entertainment and a special solstice celebration.
- December 24: *Collage Cards* with Dennis Treanor. Make cards from all kinds of collage materials.

ALSO SATURDAYS

- *Free Animal Talk* at 2:15 p.m.
- *Model Railroad Exhibit* every second and fourth Saturday, 1 to 4 p.m.
- *Drop-in Family Ceramics Workshop* at 10 a.m.

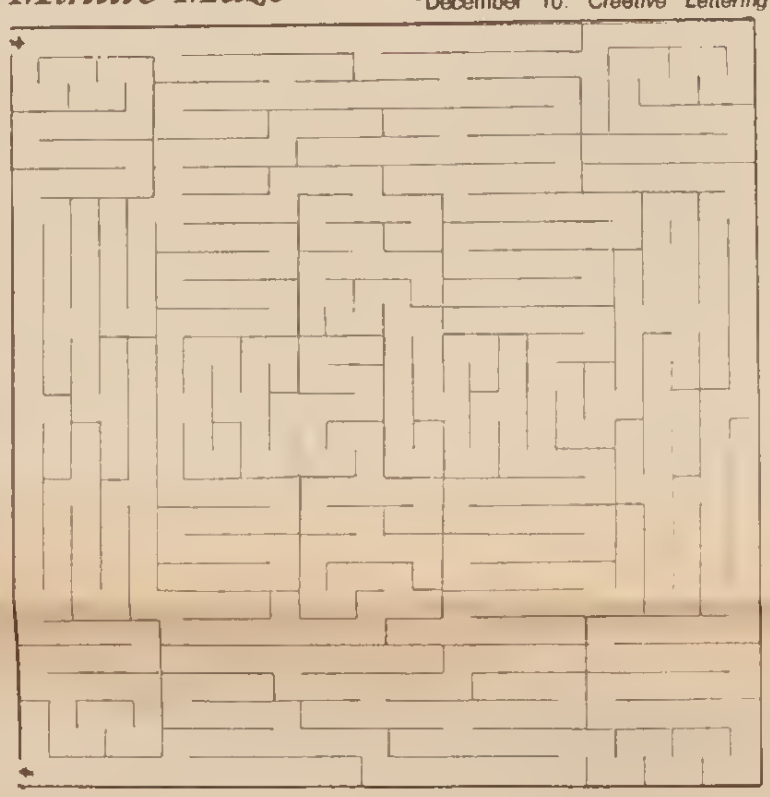
SPECIAL HOLIDAY CLASSES

This winter, the Randall Museum is offering many festive seasonal classes. Saturday offerings include: *Wreathmaking*, and a field trip to view incredible geese migrations at the Sacramento National Wildlife Refuge.

During the kids' winter break from school, the museum offers two workshops a day, one from 10 a.m. to 12 noon, and another from 1 to 3 p.m. Worshop titles include *Refridgerator Magnets, Earth-Friendly Soaps, Bookmaking* and *Crowns*.

There is also a series of two-week classes incorporating ceramic and art projects, with titles including *Clay Whistles* and *Aluminum Frames, Rattles* and *Pop-up Cards* and *Candlesticks* and *Beeswax Candles*.

Minute Maze



Crossword Solution

From Page 6

C	R	U	S	T	•	R	I	S	E	
•	•	•	A	A	•	I	D	E	A	
B	E	L	L	•	V	A	L	E	T	
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Day Outings	Birthday Partys
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Reno Trips	Holiday Celebrations

66 Raymond Ave. 467-4499
Pat Crocker : Director

BINGO
AT VVCC

66 Raymond Ave.
(at Bayshore)
San Francisco

Sunday Afternoons at 1 p.m.
Doors Open at 11:30 a.m.

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Two Pad Minimum - $5 Per Pad

PUZZLER State Counties #1

ALAMEOA
AMAOOR
CALAVERAS
CONTRA COSTA
EL DORADD
GLENN
IMPERIAL
KERN
LAKE
LOS ANGELES
MARIN
MENDOCINO
MOOOC
MONTEREY
NEVAOA
PLACER
RIVRSIOE
SAN BENITO
SAN DIEGO
SAN JOAQUIN
SAN MATEO
SANTA CLARA
SHASTA
SISKIYOU
SONOMA
SUTTER
TRINITY
TUOLUMNE
YOLO

R	E	C	A	L	P	R	E	T	T	U	S	A	N	M
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G	O	U	L	E	S	O	D	A	R	O	D	L	E	N
O	U	B	N	I	U	Q	A	O	J	N	A	S	A	A
W	E	A	B	L	E	D	I	S	R	E	V	I	R	S

This Month in S.F. History

DECEMBER

1: In 1856, an association of several printers established the Daily Morning Call, publishing the newspaper six times a week.

4: In 1915, the Panama Pacific Exposition closed its gates.

8: In 1913, construction began on the Palace of Fine Arts for the Panama Pacific Exposition. In 1941, with the nation shocked by the December 7 Japanese attack on Pearl Harbor, San Francisco experienced its first wartime blackout at 6:15 p.m.

10: In 1923, Cornelius Vanderbilt Jr. began publishing the San Francisco Illustrated Daily Herald, a one cent tabloid devoted to unsensational journalism.

11: In 1914, the Stockton St. Tunnel - a 911-foot cut through Nob Hill between Sacramento and Sutter Sts.- was finished. Its completion was celebrated December 28, with Muni F-line streetcars running through it the next day. In 1975, the first mayoral runoff election in S.F. history resulted in George Moscone defeating John Barbagelata by 4,000 votes.

13: In 1976, ferryboats Golden Gate Bridge District ferries began operation on S.F. Bay with 582 passengers making the first trip.

21: In 1952, the twin-bore Broadway Tunnel was completed through Russian Hill between Powell and Larkin Sts.

24: In 1849, a severe fire caused more than $1 million in damage, destroying the City's business district.

25: In 1871, construction began on S F. City Hall at Market and McAllister Sts., to be eventually completed and opened more than 28 years later. In 1912, Muni began service with Mayor James Rolph operating the first streetcar on Geary St.

29: In 1956, after 44 years of streetcar service, the B-Geary line was replaced by 38 Geary busses.

30: In 1857, compilers of the first S.F. Directory estimated the City's total population at 60,500, including 15,000 females and 16,000 under age 21.

Mayors of San Francisco

JOHN SHELLEY

With *Mayor George Christopher* completing his final term in office, two major candidates - Supervisor Harold Dobbs and Congressman John F. Shelley - surfaced during the 1963 campaign. Backed by union labor, Shelley went on to defeat Dobbs 120,569 votes to 92,627 to take office as San Francisco's 35th mayor on January 8, 1964.

Born September 3, 1905 in the City's *South Park* district, Shelley attended Mission High School before graduating in 1932 with a degree in law from St. Ignatius College, now USF. In 1937, at the age of 32, he became the youngest-ever president of the S.F. Labor Council. He became president of the State Federation of Labor in 1948 before election to Congress the following year, eventually becoming a member of several key congressional committees which helped fund senior medical care and BART.

Having intended to "plan San Francisco's future with a heart as well as a bulldozer" as mayor, Shelley's experience in labor helped successfully mediate the City's day-to-day functions as well as serious dilemas - large minority employment demonstrations and rioting which erupted at Hunters Point in 1966. Promptly going to the troubled area, he brought about a quick settlement to the violent outbreak.

"The job of mayor is an endless, impossible and exhausting drain," said Shelley, "trying not only to keep a city intact, but on the right track."

Ill health kept Shelley from seeking a second term in 1967, but he served as an official City lobbyist to Sacramento. He died following complications at St. Mary's Hospital on September 1, 1974, at the age of 68. His son, Kevin Shelley, now serves as a prominent member on the S.F. Board of Supervisors.

Girls Against Gangs

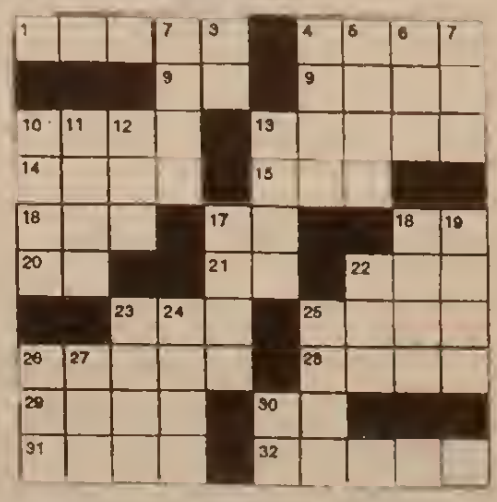
Girls Against Gangs presented an interesting November 26 show on *conflict resolution* on location at Thurgood Marshall Academic High School. Their next *Straight Talk* cable show is scheduled December 24 at 8:30 p.m. on Channel 53. GAG hotline is 1-800-900-GANG

Sump, the Grump By: Jackie Holder

GRAPEVINE CROSSWORD

Solution on Page 6

ACROSS
1. Casting
4. Advance
9. Degree
9 Thought
10. Chime
13. Attendant
14. Final
15. Drink
16. Value
17. Tennessee
18. Georgia
20. Route
21. That is
22. Meter
23. Distant
25. Grenga
26. Threefold
28. Just
29. Guet
30. Either
31. Submit
32. Not
DOWN
2. Season
3. Tantalum
4. Currency
6. Inactive
5 Look
7. Consume
10. Smear
11. Direction
12. Lease (ab)
13. Indicator
17. Fatigue
18. Female
19. Legion
22. Francisco
28. Good
24. Rooney
25. Front
26. Double
27. Bone
30. Atop



Environmental Tips for the Holiday Season

By Oevid Assmann

As the holidey season gets into full swing, I'd like to follow-up on last month's article on how to incorporate environmental beliefs into everyday practice. This is not as difficult as it mey seem, since the holidays offer many opportunities to reduce, reuse and recycle. Here are five additional tips:

*Use recycled and reusable materials in your gift wrapping and packaging. Buy recycled wrapping paper, use air-popped popcorn or newspaper for packing end reuse your packing materials.

You can also use reused, end reusable boxes, baskets, bags and tins. Cloth napkins, dish towels, scarves, handkerchiefs and clothing can be both wrapping and gifts. Decorated paper or grocery bags can add a personal touch. A personal quote or favorite poem adds meaning to the package. Old cards can be recycled into gift tags.

*Recycle your steel cans end glass containers (bottles and jars). Along with junk mail, steel cand (*tin* cans are steel cans coated with a thin feyer of tin) and glass containers still have one of the lowest recycling rates of any of the materials commonly recycled in the City.

Every year, San Francisco residents throw out more than eight million pounds of steel cans and 24 million pounds of glass containers. Remember, all steel (tin) cans and all glass containers (bottles and jars) are recyclable in S.F.'s curbside end apartment recycling programs.

*If you have any leftover meterials that can be reused for art projects - like color papers, leftover pieces of fabric, or decorative items - donete them to SCRAP, Scrounger's Center for Re-usable Art Parts (647-1746). SCRAP is e nonprofit organization that collects clean reusable materials from the community to be turned into art projects by school children, social services, community organizations and other nonprofits.

*If you purchase a tree, consider a live potted tree or e reusable one. Live rooted trees can be planted in pots to be used year after year, or they can be planted outside or donated to Bay Area parks. Call Mel Baker et the Department of Public Works at 695-2162 tor information. Remember to buy trees thet are suited to the Bay Area.

Consider joining neighbors in decorating trees on your street.

If you purchase a cut tree, make sure you recycle it. In S.F., your treecycling dey will be the first recycling day efter New Year's. Put your tree on the curb next to your blue bin. If you live in an apartment building, put your tree out on the street's recycling day.

If you want to recycle your tree before or efter your designated treecycling day, call the S.F. Recycling Hotline (554-6193) for a list of locations and schedules of drop-off sites. This year, the drop-off sites will be open until January 16.

*After the holidey season is over, save your old cards, wrapping paper and packing materials for reuse. If you heve styrofoam peanuts left over, you can donate them to the neerest *Mail Boxes, Etc.* so that they can reuse them.

You can also arrange to have your old holiday cards reused. Send a stamped, self-eddressed envelope to Jack Early, All-Year Christmas Cheer, 134 Pfeiffer St., San Francisco 94133 for a list of pieces around the world that reuse holiday cards.

Remember to recycle your desktop calendars end other non-reusable meterials. And if you work in an office, do not throw your old desktop calendars out of the window at work - this wastes valuable resources and costs the City thousands of dollars in cleanup costs.

*Call the Recycling Program 24-hour hotline at 554-6193 for e free copy of the *Eco Holiday Guide* (a guide to environmental tips during the holidey season, including where to buy live, potted, reusable Christmas trees), the *Environmental Shopping Guide* (a guide to keeping the environment in mind while you shop - ell year long), or *TreeCycling* (how, when end where to recycle your tree efter the holidays).

P.S. Thanks to everyone who came to our one-day compost bin sale on October 15. We were overwhelmed by the response. The 960 bins were ell sold by 12:30 p.m. We're now trying to errange for additional bins and will let you know as soon as we can heve another sale. In the meantime, call 285-7584 if you would like general information on composting.

SPCA Holiday Windows At S.F. Shopping Centre

A City holiday tradition - lavishly decorated shop windows featuring adorable dogs and cats - is shifting to the San Francisco Shopping Centre on Market St. this year after six years of successful partnership with Gump's specialty store.

Animals from the SF/SPCA shelter will be on display in three Fifth St. windows through December 29 - except for Christmas Day - Monday through Saturday from 9:30 a.m. to 8 p.m., and Sundays from 11 a.m. to 6 p.m.

Window settings have been designed with all the creature comforts, including temperature control, sofas for catnaps and hidden litter boxes

Although holiday shoppers may fall in love at first sight with that doggy or kitty in the window, the SF/SPCA adoption process sacrifices none of its usual rigorous screening to insure that the new relationships will last a lifetime. Animal adoptions, at a cost of $28 per animal, will take place in e special adoption counseling and screening center inside the S.F. Shopping Centre. Animals not adopted that day return to the SF/SPCA for the night. Gift certificates will also be available for those preferring to delay their pet selection until after the holidays.

Each adopted pet will be medically screened and vaccinated. Adult animals have been spayed or neutered. Adopters receive a 30-day medical assistance plan at the SF/SPCA with collar, carrier end identification tag. New dog owners receive an all-in-one collar and leash, and temporary identification tag.

A favorite Yuletide tradition for the seventh year in a row, SF/SPCA windows have found new home for more than 1,000 orphaned and abandoned animals. About 1,500 people per hour are estimated to be seeing the dogs and cats at the new location.

KQED Historical Profile of the Mission

From the ancient tulle grasses end quiet salt water marshes of Dolores Creek to tha raucous sounds of *Carnaval* parading along the modern macadem streets, the rich vibrent history of San Francisco's oldest neighborhood - the Misison district - will be brought to life in *The Mission*, part one of the new KQED documentary series *Neighborhoods: The Hidden Cities of San Francisco*, airing Thursday, December 15 at 7:30 p.m. with a repeat broadcast December 17 at 5:25 p.m. on Channel 9.

"In preserving and presenting the stories of San Francisco's communities, such as the Mission, we hope this progrem will not only entertain, but promote cultural understanding and celebrate our shared commonalities," said Peter Stein, the show's executive producer.

The Mission is the first in a planned series about S.F.'s unique neighborhoods. In future programs, KQED will devote a seperate 60 minute segment to each of the distinct communities that make up our unique metropolis.

Narrated by award winning author Isabel Allende, *The Mission* uncovers the common threads that run from its origins as a Ohlone Indian village through its development as a Spanish mission settlement; Gold Rush boomtown; earthquake refugee camp; traditional home to immigrants: Irish, Hispanic and Latin; to the dazzling diversity of the neighborhood todey. Emerging is a portrait of where the American West has been and where it may be headed.

The Mission progrem begins with the Ohlone Indians, who lived peacefully with the areas abundant wildlife for 2,000 years. Their life on Dolores Creek is celebrated through a re-created Ohlone village and the early 19th century paintings of Louis Choris.

When the Franciscan friars arrived in 1776, they attempted to turn the Indians into Christian subjects of the Spanish Empire, but the Mission system crumbled and the district fell into the hands of Mexican ranchers - *Californios* as they were called - whose heyday in Yerba Buena (later renamed San Francisco) is rounded-up through dramatic recreations, archival images and diary accounts.

With the Gold Rush came the next wave of settlers - a flood of European immigrants from the eastern United States. As seen in period photographs, the Mission became a home to a diverse group of people, from affluent sugar barons (like Claus Spreckles) to hard-working blacksmiths. These new neighbors created patterns for beginnings of the district's extraordinary architecture, from the multi-storied Victorians to the lavish Spreckles Mansion on Bryant St.

With tents in the street from the destruction reined upon it from the 1906 earthqueke and fire, and the massive influx of poor Irish immigrants, the Mission was shaken down to a diverse, yet ultimately blue collar community. Early newsreels, photographs end eyewitness accounts take the viewer back to the early 20th century for a walk down 24th St., home to St. Peter's Church and its renowned activist pastor, Father Peter Yorke (later to have e nearby street end movie patece named for him).

Shortly after World War II, the lest wave of settlers began. Families and children of earlier immigrants moved out to the city's developing suburbs and people from all parts of Latin America, who came North looking for wartime jobs, moved into the district.

Interviews with artists and activists including Mexican Museum Director Merie Acosta-Colon, painter Rupert Garcia, musician Carlos Santana and community organizer Roberta Hernandez tell the story of the present-day Mission, a barrio of Latin culture.

The Mission captures on video photographs of the City's first hometown team - the Seals (where Joe DiMaggio's baseball career began); the electric end exciting Woodward Gardens - an action-packed edventure of an emusement park; birthpieces of some of the town's mayors - colorful end legendary Sunny Jim Rolph and incumbent Mayor Frank Jordan; end recent events at the renowned home of the sizzling Samba sounds - Ceasar's Latin Palace; a joyous wedding at historic Mission Dolores (oldest standing building in S.F. to survive the 1906 earthquake), and creative artists at work on the Women's Building's new splashy mural.

FAMOUS BIRTHDAYS

OECEMeER

1: Woody Allen (1935); Oan Blocker (1932); Ray Collins (1889); Susan Dey (1952); David Doyle (1929); Dorothy Lamour (1914); Mary Martin (1949); Una Merkel (1903); Bette Midler (1945); Richard Pryor (1940); Lou Rawls (1936); Max C. Robinson (1939); Dick Shawn (1929); Charlene Tilton (1958)

2: Tracy Austin (1962); Cathy Lee Crosby (1949); Irene Ounne (1904); Charley Grapewin (1975); Adolph Green (1915); Alexander Haig (1924); Julie Harris (1925); John Hillerman (1932); Ed Meese (1931); Donald Woods (1904)

3: Jack Lord (1930); Don McNeill (1907); Ozzy Osbourne (1948); Bert Parks (1914); Russ Tamblyn (1935); Tracey Ullman (1959); Jo Van Fleet (1919); Andy Williams (1930)

4: Max Baer, Jr. (1937); Jeff Bridges (1949); Deana Durbin (1921); Francisoc Franco (1892); Buck Jones (1991); Wink Martindale (1934)

5: Morgan Brittany (1951); Gen. George Custer (1839); Walt Disney (1908); Barton MacLane (1900); Otto Preminger (1908); Martin Van Buren (1762)

6: Ira Gershwin (1896); Wally Cox (1924); Lynn Fontanne (1887); Dorothy Kirsten (1919); Steve Wright (1955)

7: Gregg Allman (1947); Johnny Bench (1947); Rod Cameron (1912); Ted Knight (1923); Eli Wallach (1915)

8: Kim Basinger (1953); Sammy Davis, Jr. (1925); James MacArthur (1937); Terence Morgan (1921); John Rubenstein (1946); Eli Whitney (1765); Flip Wilson (1933)

9: Beau Bridges (1941); Dick Butkus (1942); Lee J. Cobb (1911); Brodenck Crawford (1911); Emily Dickenson (1830); Kirk Douglas (1918); Douglas Fairbanks, Jr. (1909); Redd Foxx (1922); Buck Henry (1930); John Mackovich (1953); William Reynolds (1931); Dick Van Patten (1928)

10: Harold Gould (1923); Morton Gould (1913); Chet Huntley (1911); Dennis Morgan (1910); Johnny Rodriguez (1951)

11: Teri Garr (1945); Reed Hadley (1974); Brenda Lee (1944); Jared Martin (1949); Victor McLaglen (1886); Donna Mills (1943); Rita Moreno (1931); Carlo Ponti (1913); Gilbert Roland (1905); Alexander Solzhenitsyn (1918); Marie Windsor (1924)

12: Ane-Alicia (1957); Bob Barker (1923); Edwin Forrest (1972); Connie Francis (1938); Curt Jurgens (1915); Ed Koch (1924); Helen Menken (1901); Edward G. Robinson (1893); Frank Sinatra (1915); Harry Warner (1881); Dionne Warwick (1941); Grover Washington, Jr. (1943)

13: John Davidson (1941); Van Heflin (1910); Christopher Plummer (1929); Robert Prosky (1930); George Schultz (1920); Dick Van Dyke (1925); John Whitaker (1959)

14: Morey Amsterdam (1914); Patty Duke (1948); Tim Remnick (1935); Charlie Rich (1932); Hal Williams (1938)

15: Heidi Bohay (1959); Tim Conway (1933); Alan Freed (1922); Kathy Garver (1947); John Paul Getty (1992); Don Johnson (1950)

18: Ben Cross (1947); Margaret Mead (1901); Lesley Stahl (1941)

17: Arthur Fielder (1894); William Safire (1929); Tommy Steele (1936); John Greenleaf Whittier (1909)

18: Lynn Bari (1913); Ty Cobb (1886); Betty Grable (1918); Leonard Maltin (1950); Keith Richards (1943); Roger Smith (1932); Steven Spellberg (1947)

19: Tim Reid (1944); Oavid Suskind (1920); Cicely Tyson (1939); Robert Unch (1947)

20: Bo Diddley (1929); Sandy Duncan (1946); George Ray Hill (1922)

21: Phil Donahue (1935); Jane Fonda (1937); Ed Nelson (1928); Joseph Stalin (1879); Paul Winchell (1922); Frank Zappa (1940)

22: Barbara Billingsley (1922); Frankie Darro (1917); Hector Elizondo (1936); Lady Bird Johnson (1912); Giacome Puccini (1958); Diane Sawyer (1945)

23: Jose Greco (1919); James Gregory (1911); Harry Guardino (1925); Elizabeth Hartman (1941); Ruth Roman (1923); Rod Serling (1924); Joseph Smith (1905); Leonard Stern (1923); Charles Waldron (1975)

24: Jill Bebbett (1931); Kit Carson (1809); Ave Gardner (1922)

25: Humphrey Bogart (1899); Jimmy Buffett (1946); Cab Calloway (1907); Grace George (1879); Amy Grant (1960); Barbare Mandrell (1948); Tony Martin (1913); Mike Mazurki (1909); Charles Pathe (1863); Robert Ripley (1893); Gary Sandy (1946); Sissy Spacak (1949)

26: Steve Allen (1921); Alan King (1927); Mao Tse-tung (1891); Henry Miller (1891); Richard Widmark (1914)

27: John Amos (1942); Louis Pasteur (1922); Sydney Greenstreet (1879)

29: John F. Akers (1934); Lew Ayres (1908); Andrew Ouggan (1923); Hubie Green (1946); Martin M. Iner (1931); Maggie Smith (1934); Denzal Washington, Jr. (1954); Woodrow Wilson (1856); Edgar Winter (1946); Bruce Yarnell (1938)

29: Ted Oaneon (1947); Ed Flanders (1934); Tom Jarriel (1934); Andrew Johnson (1808); Mary Tyler Moore (1937); Inga Swenson (1932); John Voight (1938); Jess Willard (1881)

30: Rudyard Kipling (1865); Jo Van Fleet (1922)

31: Pet Brady (1914); John Denver (1943); Anthony Hopkins (1937); Ben Kingsley (1943); George Marshall (1880); Tim Matheson (1948); Sarah Miles (1941); Pola Negn (1899); Odetta (1930); Jason Robards (1892); Donne Summer (1948)

December 1994

ANY CALENDAR ITEMS OR NEWS TIPS SHOULD BE RECEIVED BY THE 20TH OF PRIOR MONTH.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30am VVCC/Community College Sewing Classes 11:00am VVCC Senior Council Meeting 1:00pm ROSES meeting	2 12:00pm VVCC Seniors - Painting Classes 7:30pm Visitacion Valley Asian Residents' Assn.	3 10:00am Saturday Art Classes at VVCC (50 Raymond)
4 1:00pm VVCC Bingo	5 11:30am VVCC Seniors Shopping Day	6 11:30am VVCC Senior Bingo	7	8 9:30am VVCC/Community College Sewing Classes	9 12:00pm VVCC Seniors - Painting Classes	10 McLaren Park Clean-Up
11 1:00pm VVCC Bingo	12 11:30am VVCC Seniors Shopping Day	13 11:30am VVCC Senior Bingo 2:00pm Open House - Visitacion Valley Community Center 4:30pm Bayshore Toastmasters Meet 7:00pm El Dorado N.B.C. Meeting	14 6:00pm Executive Park Advisory Committee-open to all	15 9:30am VVCC/Community College Sewing Classes USDA Food Distribution at VVCC	16 12:00pm VVCC Seniors - Painting Classes	17 10:00am Saturday Art Classes at VVCC (50 Raymond)
18 1:00pm VVCC Bingo	19 11:30am VVCC Seniors Shopping Day 6:00pm Vis. Valley Task Force - at 240 Leland	20 11:30am VVCC Senior Bingo	21 Winter begins	22 9:30am VVCC/Community College Sewing Classes	23	24
25 Christmas	26	27 11:30am VVCC Senior Bingo	28	29 9:30am VVCC/Community College Sewing Classes	30 12:00pm VVCC Seniors - Painting Classes	31

NATIONAL PARK SERVICE EVENTS

CLIFF HOUSE

Victorian Christmas: Holiday celebration at Cliff House, 7 p.m., December 14 (239-2366).

FORT FUNSTON

Dig In!: Restore the habitat of the bank swallow, 9:30 a.m., December 3 (239-2366).

Military History: 11 a.m., December 10 (239-2366).

Native Tongua - Stones About Plants: Projects suited for children ages 4 to 10, 10 a.m., December 10 (239-2366).

FORT POINT

Candlelight Tour: 8:30 p.m., December 3, 17, 21 (556-1874).

FORT MASON CENTER

Free Museum Day: 12 noon to 8 p.m., December 7 (441-3400).

Walking Tour: 11 a.m., December 10, 28 (441-5706).

OCEAN BEACH

Adopt-a-Beach: Help clean Ocean Beach, 10:30 a.m., December 18, 21 (239-2366).

PRESIDIO

Battery Chamberlin Tour: 10 a.m. to 2 p.m. December 3, (556-0865).

Main Post Historical Walk: 10 a.m., December 10, 18, 29 (556-0865).

Mountain Lake to Fort Point Hike: 10 a.m., December 10 (556-0865).

On Shaky Ground: 1906 Earthquake at the Presidio Museum, 11 a.m., December 11, 29 (556-0865).

Patriotism and Prejudice: Japanese-American intelligence officers were crucial in World War II, even as their families were interned in wartime camps. See where both actions began, 1 p.m., December 3 (556-0865).

Pedaling the Presidio: Cycle through time by bicycle, 10 a.m., December 4, 10, 22, 28 (556-0865).

Streets of the Presidio: How Presidio streets were named, 10 a.m., December 17, 28 (556-0865).

A Walk on the Wild Side: Learn about plants, animals and geology, 10 a.m., December 21 (556-0865).

SUTRO HEIGHTS PARK

Park Stroll, 11 a.m., December 4 (239-2366).

FIVE YEARS AGO IN THE GRAPEVINE

DECEMBER 1989

*Coach Brian Jackson was honored by Valley parents at the *Youth First* annual sports award banquet at Visitacion Valley Community Center.

*Several new members - including Don Bertone representing Little Hollywood and Visitacion Valley - were introduced as part of the Hazardous Waste Advisory Committee.

*Numerous phone calls from residents to the to the Earthquake Advice Hotline in the City Attorney's office indicated fraudulent inspectors and contractors may have been operating in San Francisco.

*Micheal Jones celebrated a decade of work in child care at VVCC.

ADVERTISE IN THE GRAPEVINE
Per Issue: Full Page: $150; 1/2 Page: $80; 1/4 Page $45; 1/8 Page: $25; 1/12 Page $15. 10 percent off six month contract. Deadline 20th of prior month.

Consumer Group Finds High Interest Rates on Local Retail Credit Cards

Retailers have taken advantaga of California's lack of an interest rata ceiling to charge rates as high as 24 percent, according to a new Consumar Action (CA) survey. This non-profit consumer group is alerting holiday shoppers to the price thay may pay for using retail credit cards.

CA discovered retail credit cards have annual percentage rates (APRs) substantially highar than bank cards. In tha survey mada by phona and in person November 3, CA found a range of 18 to 22.8 percent among surveyed retail chains. Most cards - 18 of 21 - were at 19.8 percent or higher.

Retailers also offer alternativa credit plans to consumers who lack good credit, and these have even higher interest rates. Circuit City, for example, charges 21.6 percent on its credit card and 24 percent on its *Easy Payment Plan* for customers with poor or no credit histories. Mongtomery Ward's similar *Starter Plan* also charges 24 percent interest.

Until 1969, tha states consumers were protected by a 30-year rata ceiling which limited interest to 18 percent on tha first $1,000 of a customer's credit balance and 12 percent on amounts over $1,000.

"In recent years, when the prima rata plummeted and took bank card rates down with it, retailers increased their interest rates," said CA Executivo Director Ken McEldowney. "Interest rates of 18 percent in 1988 were about 9.5 percent abova tha prima rate. Today, tha retailers we survoyed ara charging an average of 20.6 percent. That's 12.8 percent above prime."

While most of the retail card applicaitons CA surveyed clearly disclosed credit terms, The Limited and Circuit City did not. CA also found that salespeople at a number of stores - tha personnal responsibla tor establishing *instant credit* accounts - did not have accurata information on retail credit rates.

CA has the following tips about using retail credit cards:

"Ask about the interest rata befora signing up tor a retail credit card. If the rate is not disclosed on the applicaiton, call tha financial institution issuing the card - don't rely on store salespeopla for tha information.

"If you have a lower rata bank card and know that you won't pay off your purchase immediately, use it instead of your retail card to make the charge.

"Whan taking advantage of tha 10 percent discount typically offared when consumers open an *instant credit* account, apply it to a large purchase. But remember that if you don't pay it off quickly, tha discount will ba eaten away by interest in a few months.

"If you buy items on sala and then carry the cost on a retail credit card, the interest will quickly wipe out tha savings from the lower sale price.

"If you cannot quality for a bank card, you may find it easier to obtain credit from a retailer. But note that soma ratailers that offer accounts to people with no credit history charge higher interest rates for the privilege.

VVMS Developing KEY-SEC Program

Visitacion Valley Middle School is in the process of building a broad based organization consisting of students, staff, parents and community members known as *Kay Stakaholdars in Education Council* (KEY-SEC). Purpose of the organization is to help a school that will best meet needs of students, staff and tha community. If you ara interested and want more information in becoming a part KEY-SEC, please call the school at 469-4590.

VVMS SCHEDULE

*December 1: *Girl's Basketball Game*, 3:30 - 5 p.m. In tha gym.

*December 8: *Boy's Basketball Game*, 3:30 - 5 p.m. in the gym.

*December 12-15: *Book Fair* all week in tha library.

*December 14: *Band/Choir Concert*, 7:30 - 8:30 p.m. in the auditorium.

*December 16: No school tor *Staff Oevelopment Day*

*December 19: Winter recess begins.

*January 3: School begins.

CITY COMMISSIONS AND BOARDS
REGULAR MEETINGS

Aging, 1st Wed., 9:30 am
Airport, 1st & 3rd Tuesday, 3 pm
Arts, 1st Monday, 3 pm
Board of Supervisors, Monday, 2 pm
Education, 2nd/4th Tues., 7 pm
Health, 1st/3rd Tuesday, 3 pm
Housing Auth., 2nd/4th Thurs., 4 pm
Human Rights, 1st/3rd Thurs., 4:30 pm
Library, 1st Tues., 5:30 pm
Planning, Thursday, 1:30 pm
Police, Wednesday, 5:30 pm
Port, 1st Tuesday/3rd Weds., 4:30 pm
Public Utilities, 2nd/4th Tues., 2 pm
Rec. and Parks, 3rd Thursday, 2 pm
Social Services, 4th Thurs., 9:30 am
Status of Women, 4th Thursday, 4pm

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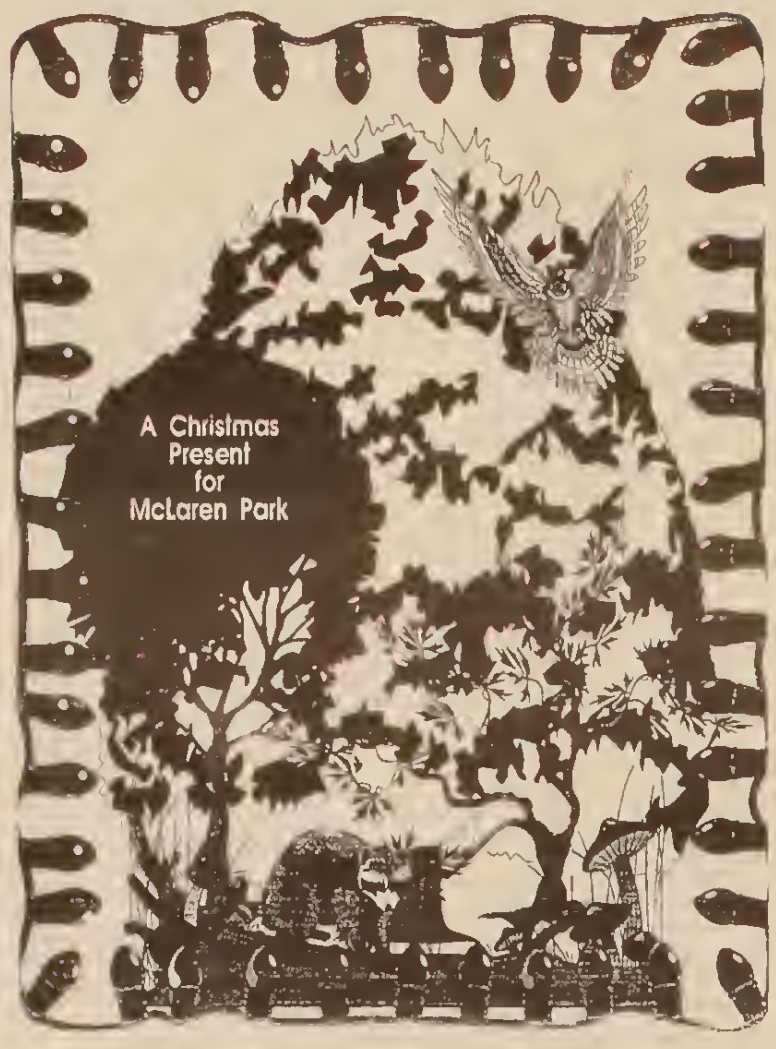
SAN FRANCISCO PLANNING COMMISSION
ADVISORY COMMITTEE ON HAZARDOUS WASTE FACILITY EXPANSION
ON TUNNEL AVENUE

Regular Meeting, December 6, 1994, 7 p.m.
Korean Presbyterian Church
120 Lathrop Ave., San Francisco

Review of existing hazardous waste operations-what is proposed to change?
Health Risk Assessment Presentation

Further Information: 558-6319, or
Don Bertone, Chair: 467-9669



Celebrating the Beauty of McLaren Park

There will be a *Holiday Gift for McLaren Park* sponsored by some Valley organizations on Saturday, December 10, meeting near Coffman Pool at 10 a.m. to *clean up* along Visitacion Ave. A celebration will follow in the parking lot of Visitacion Valley Middle School.

Come join the fun as a tree is decorated with colorful edible treats for the birds and animals of the Park.

For more information, call VVCC at 467-6400.

Emporium and Muni Host Holiday Parade

Emporium has joined forces with Muni to sponsor a *Holiday Parade* featuring historic trolley cars on Saturday, December 10 at 12 noon along Market St. from Second St. to the Emporium San Francisco Centre.

Entertainment will include the St. Mary's *Drum and Bugle Corp*, African American dancers, bagpipers, *Make-a-Circus*, S.F. Ballet *Nutcracker* cast members, the Wells Fargo Stagecoach, alumni of the S.F. 49ers, and of course, *Jingle Bear, Chrismoose* and Santa too. Call the parade hotline at 764-3562.

What Thanksgiving Means to Me ?

Following are pieces written by members of The Club, an after-school program at Visitacion Valley Community Center, describing what the past Thanksgiving holiday meant to them.

Thanksgiving means giving thanks for what all your parents have done for you. There are many things I give thanks for. I give thanks for my brother and sister loving and caring for me. My mom working her butt off to buy me things. I give thanks especially for my grandma and grandpa for providing a good home for me. I love it when my family gets together laughing and the kids playing. It just makes me want to cry. I love thanksgiving because I'm with the people I love.

-El Tillett

Thanksgiving is when you get lots of food and get together with your family.

-Rondell Howard

What I think about Thanksgiving is families gather and celebrate Thanksgiving. Some families eat turkeys. A lot of families celebrate Thanksgiving. Some don't. Thanksgiving is a holiday that most people like. They eat pies, cakes, potatoes and vegetables.

-Emily Ko

I think Thanksgiving is about giving thanks to people who died long ago. It means food. It means love.

-Tierra

Thanksgiving means giving food, clothes and other things. I love Thanksgiving.

-Romana Tillett

Thanksgiving is about harvest. It's about eating turkey, corn and mashed potatoes. Like the end of fall. Also it means the Indians' and pilgrims' first harvest. For us, it is like a nice old dinner.

-Irene Lee

Thanksgiving is about giving thanks. Some people get together, pray and have dinner. The thanks is probably for the pilgrims or whoever discovered America. It might be for the Native Americans who taught the pilgrims how to survive. Maybe the thanks is for God, who is believed to have made us. Thanksgiving can be a time where families, friends and even enemies get together. Thanksgiving is a time to forgive and thank for everything you have. It's a time to share feelings and food. Turkeys, corn and pumpkin pie are what people normally eat at that time. No matter how people celebrate Thanksgiving, we all give thanks.

-Joyce Tam

Thanksgiving means people helping other people. We give thanks for our food. We give thanks for the people. Thanksgiving is a time families get together to have a feast. We eat turkeys, potatoes, yams and corn, ham and pumpkin pie. We give thanks for the clothes we have. We give thanks for the nice house we live in. I think Thanksgiving is for the pilgrims and the Native Americans because the Native Americans taught the pilgrims how to survive the winter and then the pilgrims helped them get the turkey. I think Thanksgiving is about friendship and working with each other.

-Bobby

I think Thanksgiving means when the Indians and pilgrims gather and have a feast and they eat corn, turkey, ham and potatoes. They ask the Lord's blessing.

-Allen Ko

Thanksgiving means peace. It means good food. It means giving gifts to people. It also means turkey day - like the day turkey first came. It means love. It means good grades and stuff.

-Khien Huong

I think Thanksgiving means when the family gets together. That's when all of your family gets together and meets each other. And it's about grace. Thanksgiving is also about food and giving thanks.

-Belinda

S.F. Recycling Starts Grant Program

In order to reduce waste and increase recyling, the San Francisco Recycling Program is introducing a Source Reduction, Recycling and Market Development Grant Program. A total of $350,000 will be available for nonprofit agencies through this program in fiscal year 1994-95.

The program is seeking innovative proposals to reduce waste and increase recycling of materials in S.F. Activities eligible for funding include:

*Source Reduction: projects that promote waste reduction and reuse;

*Recycling: programs requiring temporary funding and projects reaching new waste sources and materials; and

*Market Development: projects that develop markets for secondary or postconsumer recycled materials and reusable or remanufactred products.

Applications will be evaluated on an ongoing basis as received. For additional information, nonprofit organizations can call 554-3400.

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